

## Take 10 holds first walk Sat. in Claremont

**CLAREMONT** — It's spring and there's no excuse for not getting out and joining your family, friends and neighbors for a walk around scenic Claremont Saturday morning, according to Nancy Berry, chairperson of the Take 10 Steps Coalition.

Walkers should meet at the Claremont Savings Bank parking lot on Broad Street at 10 a.m., Saturday.

Donna Davis from Claremont Savings Bank will be the walk

leader. There will be water and granola bars for people who walk the 2-mile loop with her. The walk will be held rain or shine and is appropriate for all ages.

"This walk is just the first walk of the year," said Berry. "We hold walks the second Saturday of each month at 10 a.m. at different locations in Claremont and Newport. Walk schedules are posted at area banks and at Valley Regional Hospital. As an added incentive to walk and get

healthy, Take 10 walkers who sign in for each monthly walk will receive a free t-shirt in 2008. Shirts will also be available to walkers who walk at least 20 miles on the Take 10 Community Walks.

The Take 10 Steps Coalition was formed with the goal of moving Claremont and Newport citizens toward better heart health. For more information or to join the group, contact Berry at UNH Cooperative Extension, 863-9200.